Please check the examination details below before entering your candidate information

Candidate surname	Other names

Centre Number

Learner Registration Number

Pearson BTEC Level 1/Level 2 Tech Award

Sample Assessment Materials for first teaching September 2022

Time: 2 hours

Paper reference **BHS03**

Health and Social Care

COMPONENT 3: Health and Wellbeing
Additional SAM

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided
  – *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets
  – *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ▶

S76865A

©2022 Pearson Education Ltd.

1/

S 7 6 8 6 5 A 0 1 1 2

Pearson

Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 Identify **one** lifestyle factor that can affect health and wellbeing.

- ☒ **A** Employment situation
- ☒ **B** Substance misuse
- ☒ **C** Social inclusion
- ☒ **D** Gender roles

(Total for Question 1 = 1 mark)

2 State **two** negative effects that mental ill health can have on health and wellbeing.

1 .....

.....

2 .....

.....

(Total for Question 2 = 2 marks)

3 State **one** physical factor, other than mental ill health, that can have an effect on health and wellbeing.

.....

.....

(Total for Question 3 = 1 mark)

4 Identify **two** economic factors that can affect health and wellbeing.

- ☒ **A** Community participation
- ☒ **B** Savings
- ☒ **C** Employment situation
- ☒ **D** Religion
- ☒ **E** Home environment

(Total for Question 4 = 2 marks)

DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA

5 Explain **one** negative effect of cystic fibrosis on health and wellbeing.

.....

.....

.....

.....

.....

(Total for Question 5 = 2 marks)

6 Explain **two** negative effects that discrimination can have on health and wellbeing.

1 .....

.....

.....

.....

2 .....

.....

.....

.....

(Total for Question 6 = 4 marks)

7 Give **one** positive effect that having a clean and tidy house to live in can have on the physical health of an individual.

.....

.....

(Total for Question 7 = 1 mark)

DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA

8 Explain **two** positive effects that having supportive relationships with friends could have on health and wellbeing.

1 .....

.....

.....

.....

.....

2 .....

.....

.....

.....

.....

(Total for Question 8 = 4 marks)

9 State **one** negative emotional effect of redundancy on an individual.

.....

.....

.....

(Total for Question 9 = 1 mark)

10 Explain **two** effects that moving to a new town could have on the social wellbeing of an individual.

1 .....

.....

.....

.....

.....

2 .....

.....

.....

.....

.....

(Total for Question 10 = 4 marks)

DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA

11 State the correct classification for a body mass index (BMI) of 23kg/m^2.

.....

(Total for Question 11 = 1 mark)

The healthcare assistant advises Leroy that his body mass index (BMI) means that he is obese.

12 Explain **two** ways that being obese could impact on Leroy's current physical health.

1 .....

.....

.....

2 .....

.....

.....

.....

(Total for Question 12 = 4 marks)

Leroy sits at a computer for eight hours every day.

13 Explain how being physically inactive could cause an increase in Leroy's body mass index (BMI).

.....

.....

.....

.....

(Total for Question 13 = 2 marks)

DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA

14 Identify **one** individual circumstance that the person-centred approach should consider.

- ☒ **A** Ability
- ☒ **B** Hair colour
- ☒ **C** Height
- ☒ **D** Shoe size

(Total for Question 14 = 1 mark)

Leroy works from home in IT and must be available to customers at different times of the day and night. He has a physical disability that causes weakness on his left side, affecting his arm and leg. He lives alone on the 5th floor of a large building.

The healthcare assistant suggests that Leroy does some physical activity every day.

15 Discuss how Leroy's circumstances could affect his ability to be more physically active.

(Total for Question 15 = 6 marks)

DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA

Sonia has high blood pressure. She drinks three large glasses of wine every evening. Sonia frequently enjoys takeaway pizza. She does not like exercise.

Sonia has visited her doctor who has expressed concern about her health and wellbeing.

16 (a) Complete Table 1 by:

(i) stating **three** actions the doctor could suggest that will improve Sonia's health and wellbeing

(3)

(ii) giving **three** ways these actions could improve Sonia's health and wellbeing.

(3)

	Three actions	Ways the actions could improve Sonia's health and wellbeing
1		
2		
3		

Table 1

DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA

Sonia has a follow-up appointment with the doctor.

- She is given the details of a support group for helping reduce alcohol consumption.
- She is given the contact details of the charity the British Heart Foundation.

(b) Explain **two** ways formal support could improve the health and wellbeing of Sonia.

(4)

1 .....

.....

.....

.....

.....

2 .....

.....

.....

.....

.....

(Total for Question 16 = 10 marks)

DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA

Reem lives on the outskirts of a large city. She has recently moved to the UK and has limited English. Reem has a vision impairment. She cannot drive but there is a bus and tram network in the city. Reem wants to join a healthy living group in the city centre.

17 (a) Explain **two** barriers that could prevent Reem from improving her health and wellbeing.

(4)

1 .....

.....

.....

.....

2 .....

.....

.....

.....

Reem lives alone and does not know her neighbours. She has a small income from benefits. Reem is unfamiliar with the food available in her local supermarket. She does not want to ask for help.

The GP wants Reem to improve her health and wellbeing.

(b) Explain **two** obstacles that could prevent Reem from improving her health and wellbeing.

(4)

1 .....

.....

.....

.....

.....

2 .....

.....

.....

.....

.....

(Total for Question 17 = 8 marks)

DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA DO NOT WRITE IN THIS AREA

Loretta is 52 years old. She has been happily married for 32 years. Loretta has a job she enjoys.

Loretta has started experiencing symptoms such as hot flushes at night, tiredness and hair loss.

Loretta's daughter is getting married and will move out of the family home.

18 Discuss how Loretta's circumstances may affect her emotional development in middle adulthood.

(Total for Question 18 = 6 marks)

TOTAL FOR PAPER = 60 MARKS

DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA
DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE